



SPRING 2024



MALAKI NEWSLETTER

Monthly Newsletter of Hawai'i Student Nurses' Association

Presidential Address

BY LILINOE CABICO-AKIONA

Aloha,

Happy Spring! I hope you're all feeling refreshed after a well-deserved spring break. We are now more than halfway through the semester! Let's make the most out of it and continue to support each other every step of the way. Don't lose sight of the finish line! For those of you attending the 72nd National Student Nurses' Association Convention, I am so excited to see all your friendly faces there! Take care everyone.

Mahalo,
Lilinoe Cabico-Akiona
HISNA President



Highlights:

- Presidential Address
PAGE 01
- 72nd NSNA Convention
PAGE 02
- Kidney Walk 2024
PAGE 03
- Krafty Kupunas
PAGE 04
- What's New In Hawai'i
SNA Chapters
PAGE 05
- Upcoming Events
PAGE 07
- March Awareness
PAGE 10
- Stay Up to Date With
HISNA
PAGE 11



ELEVATE

Dreams help make the impossible possible



72nd Annual Convention
April 3-7, 2024
Disney's Coronado Springs Resort
Lake Buena Vista, FL

We hope to see you folks there!



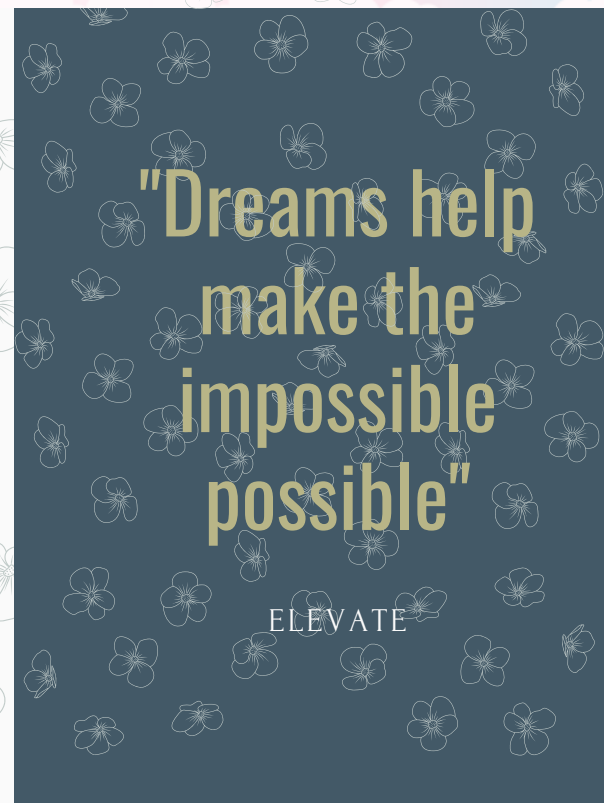
“The NSNA 72nd Annual Convention will be held during the Spring and explores specialty nursing areas and various education workshops for nursing students. NSNA invites you and your colleagues to join us and get ready to network with nursing students from across the country, learn from top nursing leaders, prepare for your future profession, and have some fun.

You will have the opportunity to learn new skill sets and test taking strategies while attending multiple education sessions including a live NCLEX-RN Review. You will meet NSNA leaders including the Board of Directors, Nominating and Elections Committee, and the chair of the Resolutions Committee. The Annual Convention will be a place where you can network with students across the USA; gain skills to manage state and local chapters; master test taking skills while learning clinical judgement—and much, much more!

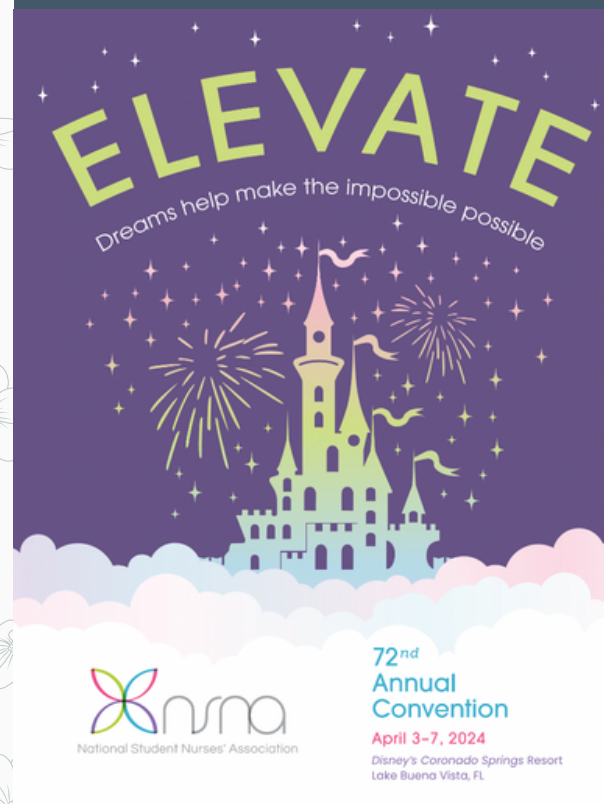
Exhibits provide opportunities for you to meet with exhibitors from a variety of employment and academic settings, NCLEX vendors and publishers. Also, receive expert advice for career development including interview skills, resume building, and future education opportunities. A special program for faculty to earn contact hours is also planned.”

Conference Dates:
April 3-7, 2024

[MORE INFO HERE](#)



ELEVATE





Mahalo to those who participated in the 2024 Kidney Walk at Kapi'olani Park

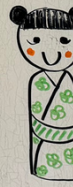
March 16, 2024

Students from UHM, HPU, KCC, and CUH all participated in helping with setting up/breaking down, checking-in, manning the first-aid tent, and/or offering first aid along the course!



A PRACTICE OF SHARING "MOMENTS OF JOY"
WITH EACH OTHER IS A QUICK WAY TO REST
THE MIND FROM THE SOMETIMES ANXIOUS, SAD,
OR HARD PARTS OF LIFE THAT IMPACTS EVERYONE.

-DEBORAH WHITING
ALEXANDER



"A practice of
sharing
moments of joy
with each other
is a quick way
to rest the
mind from the
sometimes
anxious, sad, or
hard parts of
life that
impacts
everyone"

DEBORAH WHITING
ALEXANDER



Krafty Kūpuna at The Plaza in Pearl City

March 23, 2024

Students from UHM and CUH gathered to spend time with the kūpuna at The Plaza in Pearl City.





Ka Punawai Ola

Nursing and Restorative Care Center

91-575 Farrington Hwy.

What's New In Hawai'i SNA Chapters?

Chaminade University

March 09, 2024

Chaminade SNA members volunteered their time on a Saturday afternoon playing with the residents of Ka Punawai Ola in Kapolei

Chaminade University of Honolulu's SNA Chapter volunteered at Ka Punawai Ola NURSING AND REHABILITATIVE CARE CENTER



Several nursing students from UH at Mānoa were spotted volunteering at the 2024 Kidney Walk



What's New In Hawai'i SNA Chapters?

University of Hawai'i at Mānoa

March 16, 2024

Several UHM nursing students volunteered at the 2024 Kidney Walk alongside HISNA on March 16th, offering enthusiastic support to participants and raising awareness about kidney health!





What's New In Hawai'i SNA Chapters?

Kapi'olani Community College

March 16, 2024

Students from Kapi'olani Community College were spotted at the 2024 Kidney Walk as well! They assisted the check in table along with helping wherever hands were needed!





Upcoming Events Fundraising

Base Colors

HISNA

SWEATSHIRT FUNDRAISER
PRESALE NOW AVAILABLE

Step 1: Choose your design!
Step 2: Choose your base color (light pink, sage green, or cream).
Step 3: Choose your thread color (black, white, or cream).
Step 4: Submit Google Form with info!

Thread Colors

\$33 for all sizes!

Google Form

HISNA Venmo

Hawai'i Student Nurses Associa...
@HISNA

venmo

JHESS.FITTED Sweatshirts
ORDERS CLOSE: APRIL 8TH, 2024

[ORDER HERE](#)

HAWAI'I STUDENT NURSES' ASSOCIATION

Banana Bread Fundraiser

Indulge your sweet tooth and support local!
Banana bread is homemade by @bakinmekrazee

Please send your order to a HISNA Board Member

PREORDERS:
STARTS SUNDAY MARCH 31ST, 2024
CLOSES ON SUNDAY APRIL 14TH, 2024

AVAILABLE FOR PICKUP ON
SUNDAY, APRIL 28TH



BAKINMEKRAZEE Banana Bread

Pre-Order Dates: March 31, 2024 to April 14, 2024

Pick Up on: April 28, 2024

Keep a lookout for further information on different topping choices for your banana bread!

ZIPPY'S Meal Ticket

Tickets go on sale beginning of April, one ticket can get you:

- Meat & eggs Breakfast plate with a small coffee or regular soft drink
- 5 pieces of cornbread
- 1.5lbs of Portuguese bean soup
- OR 1.5lbs of original, vegetarian, or no-bean chili



HAWAI'I
PACIFIC
HEALTH

KAPI'OLANI
PALI MOMI
STRAUB
WILCOX

SIGMA THETA TAU INDUCTION CEREMONY



Upcoming Events **Volunteering**

Hawai'i Pacific Health Women's 10K Fun Run

- Sunday, April 07, 2024
- Time: 0530-1000
- Where: Kapiolani Park 3840 Paki Ave. HNL, HI 96815
- Volunteer description: Manning the first aid booth
- IF INTERESTED PLEASE EMAIL HAWAIIISNA.VICEPRESIDENT@GMAIL.COM

Sigma Theta Tau Induction Ceremony

- Saturday, April 20th, 2024
- Time: 0800-1300
- Where: Sacred Hearts Academy 3253 Waialae Ave HNL, HI 96816
- Volunteer description: Registration and/or ushering
- Refreshments will be provided
- IF INTERESTED, PLEASE EMAIL HISNA.PRESIDENT@GMAIL.COM BY MONDAY APRIL 8TH, 2024

Sigma International Regional Conference

- Tuesday-Thursday, June 25-27, 2024
- Time: TBD
- Location: Hawaii Pacific University–Aloha Tower Marketplace
- Volunteer description TBD
- More details to come!



MARCH AWARENESS

NATIONAL KIDNEY MONTH & COLORECTAL AWARENESS

COLORECTAL CANCER AWARENESS

@HISNA

Together we are stronger!



<https://www.ccalliance.org/>

What is it

- A type of disease of the colon or rectum
- Often preventable and highly treatable
- May develop without symptoms

Risk factors



- Inflammatory bowel disease
- Family/ Personal history of colorectal cancer
- Black / African American and Ashkenazi Jews

Symptoms



- Blood in or on stools
- Persistent unusual bowel movements
- Continuous stomach pain, aches, cramps
- Losing weight for no reason

Prevention

- Eat well
 - increase fruits and vegetables
- Exercise
 - increase physical activity in intensity, duration or frequency
- Know about family history
 - if a family member had colorectal cancer, you may need to be screened at age 40 or 10 years before the youngest case in family
- Avoid alcohol and cigarettes
 - limit consumption of alcohol
 - The longer a person smokes, the greater the risk



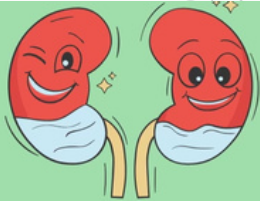
The Basics: What is Colorectal Cancer?

Colorectal cancer is the second most common cancer in the U.S. Unlike most cancers, it is preventable with screening and highly treatable when detected early.


[#ColorectalCancerAlliance](#) [@HISNA](#)

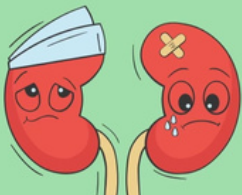


National Kidney Month



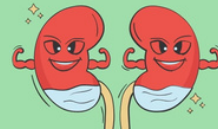
Function of the Kidneys

- Regulates fluid levels
- Activate Vitamin D 
- Regulate blood pressure
- Filters wastes from the blood
- Directs production of red blood cells



Prevention & Interventions

- Regular check ups
 - ACR (urine test)
 - GFR (blood test)
- Blood Pressure control
- Blood Sugar control
- Diet modifications
 - EX: fresh fruit, veggies & whole grains
- Smoking cessation
- Exercise
- Monitor
 - I&O's
 - Weight



Risk Factors

- Diabetes
- Family history
- High blood pressure
- Older age (60+)
- Recurrent infections



Symptoms

- Puffy eyes
- Painful urination
- Increased thirst
- Fatigue
- Hematuria (blood in the urine)
- Edema (in the face/eyes)
- High blood pressure

STAY UP TO DATE WITH HISNA!

